

*SNEAKY SNAKE SHAKE*  
Standard 5 FOUNDATIONS Grade 1-3  
5PA-F3 PO1 PO 2

**EQUIPMENT:** A parachute suitable to the size of your class. Parachute needs to have an open hole in the center large enough for a stuffed animal snake to slide through. One stuffed animal snake.

**PARACHUTE CUES:** Hold thumbs down fingers on top. **No** body parts in or through center hole -- Verbal cues: **Fruit basket** = arms extended toward feet - chute held still and quiet below waist **Umbrella** = Raise chute above head/lower to below waist - **Outside Mushroom** = Raise chute above head/lower to grounds hands tight to the ground/nobody lets go - **Inside Mushroom** = Raise chute above head/ face outside as you lower chute tight to ground - chute is now covering all participants – nobody lets go **Soft Waves** = start with fruit basket then softly move and lightly shake parachute - **Hurricane** = fruit basket/vigorously shake ***Special Note: Substitute appropriate parachute cues used at your location if your terms are different from those listed above.***

**Warm-Up:** Practice a variety of commands listed under CUES.

**OBJECT OF ACTIVITY:** Use respect during all physical activity; Work cooperatively with one another to complete an assigned task

**ACTIVITY GUIDELINES: SNEAKY SNAKE SHAKE**

Assemble the group around the parachute. Complete warm-up. Finish with a **Fruit basket**. While group maintains a fruit basket talk about the importance of having friends that will support and stand by you when temptation is great. State that today the group is going to represent a group of special friends who are facing temptation together. They know they will make the right choice if they calmly and responsibly work together. Suddenly, the leader begins to move the snake representing temptation around the outside of the shoulders of the group. Explain that when the snake moves onto the parachute the group will have to work together to dump “Sneaky Snake” temptation down the hole in the center of the parachute. Suggest they will probably be most successful if the use soft waves to accomplish their task. If the snake flies or falls off start over until group is successful.

**FOLLOW-UP:** Use game to help group understand the importance of reaching out for help when needed. Help the group identify groups and individuals that might make good support people during times of temptation. (Responsible friends, family members you trust, school counselor or teacher, a Dare officer or other law enforcement member, etc.)

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